



DEPARTMENT OF THE NAVY
SPACE AND NAVAL WARFARE SYSTEMS COMMAND
WASHINGTON, D C 20363-5100

IN REPLY REFER TO:

SPAWARINST 6110.1A
SPAWAR 08-2
22 March 1993

SPAWAR INSTRUCTION 6110.1A

From: Commander, Space and Naval Warfare Systems Command

Subj: SPAWAR HEALTH AND PHYSICAL READINESS

Ref: (a) OPNAVINST 6110.1D

Encl: (1) Sample Letter of Appointment
(2) Sample Memorandum - PRT Results

1. Purpose. To provide guidance to SPAWAR military personnel for implementation of reference (a) in the SPAWAR Health and Physical Readiness Program.

2. Cancellation. SPAWARINST 6110.1.

3. Discussion. Commander, Space and Naval Warfare Systems Command wholeheartedly supports the objectives set forth in reference (a). All members must recognize their obligation to maintain the highest degree of health and physical conditioning to ensure operational effectiveness. In addition, physical fitness and appearance are becoming significant factors with regard to promotion and other administrative boards.

4. Responsibilities

a. SPAWAR directorate heads will ensure all military personnel in their organization comply with health and physical readiness standards of reference (a), and will designate a Directorate Fitness Coordinator (DFC) in writing using enclosure (1). SPAWAR 08 will provide the Fitness Coordinator for SPAWAR 00/01/02/08/09.

b. SPAWAR 08-2 will designate an officer or senior petty officer as Command Fitness Coordinator (CFC) who shall be responsible for:

(1) Training and advising DFCs and monitoring semiannual physical fitness tests.

(2) Coordinating the command's remedial exercise program.

(3) Coordinating with recreational services for use of facilities.

(4) Consolidating and submitting the annual Command Physical Readiness Test Report (OPNAV Form 6110/1) to BUPERS (PERS-68) by 30 September of each year.

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(5) Advising the chain of command on all physical readiness program matters.

(6) Maintaining updated health and physical readiness educational resources.

(7) Ensuring outstanding performance on the PRT is recognized through awards and Plan of the Week notes.

c. Directorate Fitness Coordinators shall:

(1) Provide a positive example to encourage and promote increased levels of readiness.

(2) Maintain Risk Factor Screening/PRT Results (OPNAV Form 6110/2) on personnel in their organization, and certify (by signature) entries made on this form.

(3) Coordinate medical record screening and medical officer review when necessary.

(4) Conduct semiannual testing of all assigned personnel.

(5) Report results of semiannual tests to the CFC using enclosure (2).

(6) Ensure accomplishment of remedial physical readiness training for personnel in their organization failing to meet physical readiness standards.

(7) Report results of PRT (to reporting seniors) for inclusion in fitness reports and evaluations in accordance with reference (a).

5. Remediation. Personnel failing to meet physical fitness standards of reference (a) will take positive steps to bring themselves within standards. The DFCs will supervise a mandatory remedial program consisting of selected calisthenics and jogging, and will provide biweekly progress reports to the CFC. Consistent with operational commitments, personnel will be required to participate in three remedial sessions per week, one hour per day.

6. Physical Readiness Testing

a. Tests will be conducted by DFCs.

b. A minimum of two CPR-qualified individuals will be present during the testing.

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c. The CFC will advise as to testing locations, transportation, conduct of tests, etc.

7. CPR Qualification. The CFC and DFCs must be CPR-qualified.

8. Action. Addressees will comply with the guidance provided in this instruction.

9. Reports

a. OPNAV Form 6110/1 (RCS-OPNAV 6110-3) will be submitted in accordance with reference (a) by all SPAWAR field activities to reach SPAWAR 08-2 no later than 15 September of each year.

b. DFCs will submit enclosure (2) to the CFC upon completion of each semiannual testing period.



W. H. CANTRELL
Rear Admiral, U.S. Navy

Distribution:
SPAWAR List 7

SNDL Part II
FKQ (All SPAWARSYSCOM Activities)
C81 (SPAWAR Detachments)
C84B (NAVMATDATASYSGRU)
FR10 (SPAWAR Reserve Units only)

Stocked:
SPAWAR 08-54

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Date

MEMORANDUM

From: Directorate Head
To: SPAWAR 08-2

Subj: APPOINTMENT OF DIRECTORATE FITNESS COORDINATOR

Ref: (a) SPAWARINST 6110.1A

1. In accordance with reference (a), _____ is hereby
appointed as the fitness coordinator for PD- . _____ is
CPR-qualified (or will be qualified on _____).

SIGNATURE

Copy to:
Member
CFC

Encl (1)

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Date

MEMORANDUM

From: Directorate Fitness Coordinator ()
To: Directorate Head

Subj: RESULTS OF PRT FOR CODE _____

Ref: (a) SPAWARINST 6110.1A

1. In accordance with reference (a), the following results are forwarded for your information/retention:

NAME	RANK	AGE	SEX	NECK	WAIST	HIP	HT	WT	%BF	SR	SU	PU	RN/SW	PTS	CAT
JONES,J	CDR	45	M	15.5	37.0	N/A	69.0	185	22	P	60	32	13:10R	195	EXC

SIGNATURE

Copy to:
CFC

Encl (2)